

# ImPACT Concussion Baseline Test

## Cornell Health

### This free online test ...

- **is NOT for NCAA athletes at Cornell** (NCAA athletes take the test during their initial [sports clearance](#) process and should not repeat the test)
- **is available to all other currently registered Cornell students**
- is recommended to any student whose regular physical activity puts them at higher-than-average risk of head injury or concussion
- takes approximately 25-30 minutes to complete

Students can take the ImPACT test to get baseline measurements of cognitive function, including memory and reaction time. In the event that you have a head injury or concussion in the future, your clinician can use the results – in conjunction with a clinical examination and symptom scoring – to assist with assessment and treatment. (Results are NOT viewed by Cornell Health staff members unless you suffer from a head injury or concussion.)

### Computer requirements for taking the test:

Please note that if you do not adhere to these requirements, your results may not be accurate and you will need to repeat the test.

- Your computer screen must be 12 inches or larger.
- The computer you use must have an external mouse.
- You need a broadband Internet connection.
- Make sure you are using either the current version or the immediately previous version of your browser (Internet Explorer, Firefox, Chrome, or Safari).
- You must have Adobe Flash Player 11.0 or newer installed. You can download Flash Player at [adobe.com](http://adobe.com).
- If you have a pop-up blocker installed, you must turn it off for the duration of the test.
- Your browser must accept cookies.
- JavaScript must be enabled in your browser.
- If you are running Windows 7, make sure power management is set to High Performance; otherwise performance may be slowed, negating test scoring.
- Close all other programs on your computer before taking the test.

### How to take the test:

The ImPACT test takes approximately 25-30 minutes for most students, although the system allows up to 45 minutes for completion.

**To ensure the most accurate results,** give this test your full attention. Turn off cell phones, music, and TV, and eliminate other background noises and distractions. Take the test when you are well-rested. Attempting to take the test when you are tired or distracted may interfere with the results.

- [Log in to myCornellHealth.](#)
- On the homepage, click “Log in to the ImPACT test here” at the bottom of the page.
- Enter Code **BGDPWVHGP6**.
- You will be directed to a series of questions to answer before taking the test. Please answer all the questions as honestly as possible.
- When prompted, enter your first and last name, and date of birth. Please enter this information accurately (no nicknames) for identification purposes.
- Select “Cornell University” when prompted for a school name, and enter your sport in the appropriate section. If you are not involved with a sport regularly, you can leave the field blank.
- Follow the test instructions carefully. Missing key instructions or not giving the test your full attention will affect your results.

## **After you take the test:**

Your results will be stored in the ImPACT system. Results are NOT automatically accessible to or viewed by Cornell Health staff. If you suffer a head injury or concussion, you may give your Cornell Health clinician permission to access your results to assist with assessment and treatment. You will be asked to complete a post-injury test at that time, which can then be compared with your baseline scores.